

## AQUATICS (ALL LESSONS 40 MINUTES)

**PLEASE NOTE: AGE IS NOT THE SOLE CRITERIA  
FOR ENROLLING IN A CLASS.**

### **Parent/Tot I (Ages 3 years & under) (8 classes)**

Orientation to water awareness and water safety.  
Parent/child.

**Dates:** Tues., 10:10 a.m., Jan. 13-Mar. 3 (Code 9768)

Tues., 5 p.m., Jan. 13-Mar. 3 (Code 9769)

Wed., 9:30 a.m., Jan. 14-Mar. 4 (Code 9770)

Sat., 10:10 a.m., Jan. 17-Mar. 7 (Code 9771)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$59R/\$66NR/\$49M

### **Parent/Tot II (Ages 3 years & under) (8 classes)**

#### **Pre-requisite: Parent/Tot I**

Orientation to water awareness, water safety and  
beginning water skill development. Parent/child.

**Dates:** Tues., 10:50 a.m., Jan. 13-Mar. 3 (Code 9772)

Tues., 5:40 p.m., Jan. 13-Mar. 3 (Code 9775)

Wed., 10:10 a.m., Jan. 14-Mar. 4 (Code 9774)

Wed., 6:20 p.m., Jan. 14-Mar. 4 (Code 9773)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$59R/\$66NR/\$49M

### **Tiny Tots (Age 3) (8 classes)**

Water skill development and safety.

**Dates:** Mon., 9:30 a.m., Jan. 12-Mar. 2 (Code 9798)

Wed., 10:50 a.m., Jan. 14-Mar. 4 (Code 9802)

Wed., 5 p.m., Jan. 14-Mar. 4 (Code 9801)

Thurs., 10:50 a.m., Jan. 15-Mar. 5 (Code 9799)

Sat., 10:50 a.m., Jan. 17-Mar. 7 (Code 9800)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$59R/\$66NR/\$49M

### **Angel Fish I (Ages 4 and up not able to swim) (8 classes)**

Water awareness, water safety and skill development.

**Dates:** Mon., 10:10 a.m., Jan. 12-Mar. 2 (Code 9776)

Mon., 5:00 p.m., Jan. 12-Mar. 2 (Code 9777)

Tues., 6:20 p.m., Jan. 13-Mar. 3 (Code 9778)

Thurs., 9:30 a.m., Jan. 15-Mar. 5 (Code 9779)

Sat., 8:50 a.m., Jan. 17-Mar. 7 (Code 9780)

Sun., 12:10 p.m., Jan. 11-Mar. 1 (Code 9781)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$59R/\$66NR/\$49M

### **Angel Fish II (Ages 4 and up, not able to swim) (8 classes)**

#### **Prerequisite: Angel Fish I**

Water skill development in preparation for Blue Fish.

**Dates:** Mon., 10:50 a.m., Jan. 12-Mar. 2 (Code 9787)

Tues., 9:30 a.m., Jan. 13-Mar. 3 (Code 9784)

Wed., 5:40 p.m., Jan. 14-Mar. 4 (Code 9783)

Thurs., 5 p.m., Jan. 15-Mar. 5 (Code 9785)

Sat., 9:30 a.m., Jan. 17-Mar. 7

(Code 9786)

**Location:** Friendship Center,

Rec. Pool

**Fee:** \$59R/\$66NR/\$49M

### **Blue Fish (Ages 4 and up) (8 classes)**

Water safety and water skill development. Prerequisites: jump into water,  
swim 1/2 length on stomach and back  
and hold breath for 20 seconds.

**Dates:** Mon., 6:20 p.m., Jan. 12-Mar. 2 (Code 9788)

Thurs., 10:10 a.m., Jan. 15-Mar. 5 (Code 9789)

Thurs., 5:40 p.m., Jan. 15-Mar. 5 (Code 9790)

Sun., 12:50 p.m., Jan. 11-Mar. 1 (Code 9791)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$59R/\$66NR/\$49M

### **Cat Fish (8 classes)**

Water safety, skill development, and refinement.

Prerequisites: jump into deep water, tread water for 30  
seconds, swim length of pool on stomach and back,  
surface dive and retrieve ring.

**Dates:** Mon., 5:40 p.m., Jan. 12-Mar. 2 (Code 9805)

Thurs., 6:20 p.m., Jan. 15-Mar. 5 (Code 9806)

Sun., 1:30 p.m., Jan. 11-Mar. 1 (Code 9807)

**Location:** Friendship Center, Lap Pool

**Fee:** \$59R/\$66NR/\$49M

### **Dolphins (8 classes)**

Continue learning skill progressions with focus on stroke  
development. Must be able to swim the length of the  
pool.

**Dates:** Thurs., 5:30 p.m., Jan. 15-Mar. 5 (Code 9794)

Sun., 2:10 p.m., Jan. 11-Mar. 1 (Code 9795)

**Location:** Friendship Center, Lap Pool

**Fee:** \$59R/\$66NR/\$49M



**CHILD MUST HAVE MET THE MINIMUM AGE REQUIREMENTS  
BY THE FIRST DAY OF CLASS.**

## AQUATICS (CONT.)

### Eels (8 classes)

Must be able to swim the length of the pool. Competitive stroke improvement.

**Dates:** Thurs., 5:30 p.m., Jan. 15-Mar. 5 (Code 9792)  
Sun., 2:50 p.m., Jan. 11-Mar. 1 (Code 9793)

**Location:** Friendship Center, Lap Pool

**Fee:** \$59R/\$66NR/\$49M

### Adult Learn to Swim (Ages 16+) (8 classes)

Learn the basic strokes of swimming.

**Dates:** Thurs., 7 p.m., Jan. 15-Mar. 5

**Location:** Friendship Center, Lap Pool

**Fee:** \$59R/\$66NR/\$49M (Code 9809)

### Private Swim (6-1/2 hour lessons)

Instructors available to provide private swim lessons.

**Dates:** By arrangement, registrants will be contacted.

**Location:** Friendship Center, Pool

**Private:** \$138R/\$158NR/\$130M (Code 9814)

**\*Group-Private (class of 4):** \$90R/\$95NR/\$75M per person (Code 9816) (\*must register as group.)

**\*Semi-Private:** \$185R/\$220NR/\$180M (Code 9815)

(\*siblings only!)

### Home School (Ages 5-12) (8 classes)

No instruction, open swimming. Meet new friends.

**Dates:** Tues., 11 a.m., Jan. 13-Mar. 3 (Code 9803)

Fri., 1 p.m., Jan. 16-Mar. 6 (Code 9804)

**Location:** Friendship Center, Leisure Pool

**Fee:** \$32R/\$35NR (Members free)

### Friendship Center Masters Swim Team (18+) (30 classes)

**Requirements:** be able to swim 2-3 competitive strokes.

Fun, Fitness and Friendly Competition! This new program offers on deck coaching for competitive and fitness swimmers of varying levels and abilities. Participation in swim meets is optional.

**Dates:** Mon./Wed./Fri., 5:30-7 p.m., Jan. 5-Mar. 13

**Location:** Friendship Center, Lap Pool

**Fee:** \$90R/\$100NR/\$75M (Code 9965)



### PADI Discover Scuba (Ages 12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

**Date:** Saturday, January 10, 1-2:30 p.m.

**Location:** Friendship Center, Lap Pool

**Fee:** \$17R/\$20NR/\$15M (Code 9945)

### Water Aerobics w/Bonnie (20 classes)

Power packed, cardio workout w/little stress on joints.

**Dates:** Tues./Thurs., 9:30-10:30 a.m., Jan. 6-Mar. 12

**Location:** Friendship Center, Lap Pool

**Fee:** \$64R/\$69NR/\$52M (Code 9810)

### Keep It Movin'! w/Linda (20 classes)

**Dates:** Tues./Thurs., 6-7 p.m.,

Jan. 6-Mar. 12

**Location:** Friendship Center, Lap Pool

**Fee:** \$64R/\$69NR/\$52M (Code 9880)

### Early A.M. Aqua Pump w/Darryl (20 classes)

Start the week off with a brisk aqua power workout. Get ready for the week.

Tone, re-shape, get the heart

pumping. Fun and Safe! Bring aqua shoes/sneakers.

**Dates:** Mon./Wed., 6:35-7:35 a.m., Jan. 5-Mar. 11

**Location:** Friendship Center, Therapy Pool

**Fee:** \$64R/\$69NR/\$52M (Code 9905)

### Shallow Water Workout w/Sybil (20 classes)

This workout will get you moving and burning extra calories while having fun.

**Dates:** Mon./Wed., 6-7 p.m., Jan. 5-Mar. 11

**Location:** Friendship Center, Lap Pool

**Fee:** \$64R/\$69NR/\$52M (Code 9893)

### Deep Water Walkers w/Sybil (20 classes)

Participants encouraged to wear swim fins but not required. Burn more calories in less time without stress on your body.

**Dates:** Mon./Wed., 5:30-6 p.m., Jan. 5-Mar. 11

**Location:** Friendship Center, Lap Pool

**Fee:** \$32R/\$37NR/\$26M (Code 9894)

### Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

**Dates:** Mon./Wed., 7-8 p.m., Jan. 5-Mar. 11

**Location:** Friendship Center, Lap Pool

**Fee:** \$64R/\$69NR/\$52M (Code 9808)



## AQUACISE

### Rise & Shine Aqua Pump w/Darryl (20 classes)

Catch the "Aqua Wave" early. Get moving. Stretch, tone, re-shape the form. Great cardio workout. All fitness levels. Bring aqua shoes or sneakers.

**Dates:** Tues./Thurs., 6:15-7:15 a.m., Jan. 6-Mar. 12

**Location:** Friendship Center, Therapy Pool

**Fee:** \$64R/\$69NR/\$52M (Code 9907)

### Aquawave Fit w/Darryl (20 classes)

Step to shape. Uplifting, low-impact, quick pace and invigorating to work legs/muscle groups. Aqua equipment used. No stress on joints. All levels welcome.

**Dates:** Tues./Thurs., 7:15-8:15 p.m., Jan. 6-Mar. 12

**Location:** Friendship Center, Therapy Pool

**Fee:** \$64R/\$69NR/\$52M (Code 9906)

### Aquatic Arthritis w/Mary Jo (26 classes)

Range of motion exercise for flexibility and coordination.

**Dates:** Mon./Wed./Fri., 10:45-11:45 a.m., Jan. 5-Mar. 4

**Location:** Friendship Center, Therapy Pool

**Fee:** \$84R/\$87NR/\$70M (Code 9820)

### AquaWave "All Over Body Tone Workout" w/Darryl (10 classes)

This class tones and reshapes every muscle group in the body. Incorporates aqua fitness equipment. Helps with flexibility, balance and motivation.

**Dates:** Fri., 6:15-7:15 a.m., Jan. 9-Mar. 13

**Location:** Friendship Center, Therapy Pool

**Fee:** \$32R/\$37NR/\$26M (Code 9899)

### Aquawave Deep Fitness Pump w/Darryl (10 classes)

Wind down the week. Start off the weekend with a moving vigorous aquawave workout pump. Tone, shape, strengthen. Lots of fun!

**Dates:** Fri., 6:30-7:30 p.m., Jan. 9-Mar. 13

**Location:** Friendship Center, Lap Pool

**Fee:** \$32R/\$37NR/\$26M (Code 9902)

### Aquawave Fitness Energy Pump w/Darryl (10 classes)

Start the weekend with an early Saturday aqua pump. Work all major muscles through low intensity movements. Bring aqua shoes or sneakers.

**Dates:** Sat., 8:15-9:15 a.m., Jan. 10-Mar. 14

**Location:** Friendship Center, Therapy Pool

**Fee:** \$32R/\$37NR/\$26M (Code 9901)



### Teen Aqua Fit w/Darryl (Ages 12+) (10 classes)

Work on flexibility, balance, and get motivated to move. Learn muscle groups. Bring aqua shoes or sneakers. Aqua fitness equipment used.

**Dates:** Sat., 12:30 -1:30 p.m., Jan. 10-Mar. 14

**Location:** Friendship Center, Lap Pool

**Fee:** \$32R/\$37NR/\$26M (Code 9908)

### Triple-Fit Ripped Workout w/Darryl (Ages 16+) (10 classes)

90 minutes of power overdrive. 25 minutes of intense/ low impact cardio including steps, bands, fit balls, weights followed by 25 minutes of spinning, finishing with an aqua workout.

**Dates:** Sat., 11 a.m.-12:30 p.m., Jan. 10-Mar. 14

**Location:** Friendship Center, Room 118, Pool

**Fee:** \$62R/\$67NR/\$52M (Code 9903)

### Aqua Power Slide Work w/Darryl (10 classes)

Intense aqua exercise done with the power of hydro water. Get fit. Bring aqua shoes or sneakers.

**Dates:** Sun., 12-1 p.m., Jan. 11-Mar. 15

**Location:** Friendship Center, Therapy Pool

**Fee:** \$32R/\$37NR/\$26M (Code 9904)

## LOOKING FOR SOMETHING TO GET YOU OUT OF THE HOUSE?

The Friendship Center is looking for mature, responsible people to lifeguard. If you are a stay at home parent and need something to do while the kids are at school or a retiree and need to keep busy between trips, get your lifeguard certification and call the Friendship Center!

